

Encore!

News from Redmond Senior Programs
Fall 2019

The Mini Version



**Redmond
Parks and
Recreation**

www.redmond.gov/50plus
Call us at 425-556-2314



Welcome to the Redmond Senior Center Encore! Newsletter

There are three ways to sign up for activities:

In this Encore!

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Redmond Senior Programs offers active adults age 50 or better free and fee-based programs and activities.

RSC Staff

Marty Boggs, 50 Plus Programs Administrator

Teri Burke, & Karen Phillips
Program Coordinators

Sara Bouwman,
Administrative Lead

Iola Stetson
Program Aid & Driver

Christine Benavides,
Katy Carter, Jennie Fiddimore, &
Amy Tang, Office Assistants

Click

Visit redmond.gov/register to register for activities, make facility reservations, download required documents and more. Online registration is available 24/7.

Call

Register over the phone by calling Guest Services:

Redmond Senior Center,
425-556-2314

Redmond Community Center at Marymoor Village, 425-556-2300.

Come in

Register in person at any of the sites and time listed below.

Guest Service hours and locations:

Redmond Senior Programs at City Hall

Mon-Fri 8:30 a.m. – 5 p.m.
871567 NE 85th St., Redmond 98052

Redmond Community Center at Marymoor Village

Mon-Fri 6 a.m.-9 p.m.; Sat 8 a.m. – 3 p.m.; Sun 8 a.m. – 1 p.m.
6505 176th Ave NE, Redmond 98052

Old Fire House Teen Center

Tue & Wed 3-9 p.m.
16510 NE 79th St, Redmond 98052

Hear From Us

Sign up for our Parks and Recreation electronic newsletter! We'll keep you informed twice a month about events, activities and classes! Sign up at redmond.gov/enews.

Join Us

Volunteer Opportunities—Visit redmond.gov/volunteer

Rent From Us

Rent out meeting rooms, cabins, park shelters and more by visiting redmond.gov/FacilityRentals.

Be Social With Us

facebook.com/RedmondParks

Everyone Plays

Inclusion Services

We encourage and support the participation of individuals with disabilities in our activities. For more information about inclusive and adaptive activities, visit redmond.gov/AdaptiveRecreation.

Fee Assistance

Our desire is to make recreational opportunities available to all City of Redmond residents regardless of income. If you're interested in learning more, please call 425-556-2314.

www.redmond.gov/50plus
425-556-2314

RSC Fall Events

First Friday Coffee Chats

Fridays, 10 a.m. Oct 4, Nov 1, Dec 6,
Public Safety Building, Training Room

Fall presenters will be:

October – Kai Schwartz, Teens Program Administrator

November – Darrel Lowe, Police Chief

December – Carrie Hite, Parks and Recreation Director

Refreshments provided by Madison House

"What's Age Got to Do with It?"

*Presented by Dori Gillam,
Speaker, Trainer, Organizer*

What do you wish society would stop saying about your generation? How can we talk about age and aging in a more positive, affirming way? In this interactive and fun talk, Dori Gillam welcomes individuals from every generation to explore how we can begin valuing all ages - including our own.

Please sign-up at the Front Desk.

Time: 1 pm

Day/Date: Tue, Oct 8

Location: Public Safety Building, Training Room

Free



2019 Senior Advisory Committee

Linda Clark
Deanna Francis
Glen Gearhart
George Innis
Sadru Kachra
Marie-Anne Johnson
Margie Meyer
Janice Montgomery
Sue Smith
Patti Trepanier
Sandy Marion, Secretary

Senior Advisory Committee Meetings

Meetings are open to all participants and the general public. The agenda and minutes are posted on the bulletin board across from the Greeter Desk.

Location: City Hall

Day: Thu

Dates: Oct 17, Nov 21, Dec 19

Time: 10 - 11:45 a.m.

Redmond Senior Programs

City of Redmond
Parks & Recreation

Mailing address:

Redmond Senior Center,
MS: CHSC
P. O. Box 97010
Redmond WA 98073-9710

Phone:

425-556-2314

Email:

rsc@redmond.gov

Program Locations

Redmond Community Center at Marymoor Village

6505 176th Ave NE,
Redmond, WA 98052

Redmond City Hall

15670 NE 85th St,
Redmond, WA 98052

Old Firehouse Teen Center

16510 NE 79th St,
Redmond, WA 98052

Grass Lawn Park Arts Studio

7031 148th Ave NE,
Redmond, WA 98052

Anderson Park Adair Cabin

7802 168th Ave NE
Redmond, WA 98052

www.redmond.gov/50plus
425-556-2314

Wellness Partners

Courtesy Blood Pressure Checks

Retired healthcare professionals are here to help you take your blood pressure.

Location: City Hall-Bytes Cafe

Day: Tuesdays

Time: 10 a.m.-12 p.m.

and

Day: Thursdays

Time: 10:30 a.m.-12 p.m.

Free

Low Income Legal Assistance

The Eastside Legal Assistance Program (ELAP) is a non-profit organization providing civil legal assistance to low income residents of East and Northeast King County. Call 425-747-7274 for an appointment. Location may vary.

Transit Travel Help From Hopelink

Come talk with the GAPS (Getting Around Puget Sound) volunteer.

Who can help you figure out how to get to where you want to go.

Location: City Hall-Bytes Cafe

Day: 2nd Friday of the Month

Dates: Oct 11, Nov 8, Dec 13

Time: 10 a.m. - 12 p.m.

Free

www.redmond.gov/50plus
425-556-2314

Statewide Health Insurance Benefits Advisors (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer meets with you privately to answer questions in the areas of health insurance and Medicare.

Location: City Hall CONF 126

Day: mostly Mondays

Dates: Oct 7, 15, 21 & 28, Nov 12, 18 & 25, Dec 2 & 16

Time: 9:30 a.m.-12:30 p.m.

Call 425-556-2314, to make an appointment

Free

Senior Rights Assistance

Utilize your legal and consumer rights with expert advice free of charge. Call 206.448.5720 to seek advice from one of our highly-trained specialists. Or schedule a free, 30-minute appointment through the Elder Law Clinic - a partnership between Sound Generations and the King County Bar Association.

Also available toll free 1-888.435.3377, or email info@soundgenerations.org.

Business hours are Monday - Friday, 9 a.m. - 4 p.m..

Mobility Equipment Lending Closet

This service is currently on hold due to building closure. Please call the Front Desk, 425-556-2314, some items may become available as items on loan are returned.

Free

Meals on Wheels

There are many circumstances that can make shopping or preparing food difficult for older adults. That's where Meals on Wheels can help by delivering nutritious frozen meals directly to the homes of qualifying seniors.

Clients can order up to 14 meals each week and choose from 30 menu items for a suggested donation of \$5 per meal. Meals are ordered and delivered every two weeks.

Apply on line at:
soundgenerations.org/get-help/food/meals-on-wheels/

Or call 425-556-2314 to get the application process started.

Nutrition Program

At this time, the Redmond Senior Center is unable to provide the hot lunch program.

Other options are available in the area, and include:

Peter Kirk Community Center
352 Kirkland Avenue Kirkland, WA 98033
425-587-3360
Hours: 8am to 5pm, Monday-Friday

North Bellevue Community Center
4063 148th AVE NE, Bellevue
Lunch services are available Monday, Tuesday, Wednesday and Friday. Check-in is at 11:30, with lunch at noon
Fee: \$4 for ages 60+ and \$6 for participants under

Foot Care

Healthy Feet = Happy People

Our foot care provider, Michael Methe, is trained by a physician who specializes in foot care for seniors. Appointments are available at the RSC on Wednesdays.

Each appointment includes a foot assessment, trimming and sanding of toenails, calluses and corns. Instructions to help you have comfortable, healthy feet and/or referrals for further foot care are given as needed.

A sterilized set of tools is used for each person and proper infection control methods are always followed.

Prior registration and payment required. Call 425-556-2314 to make an appointment.

Location: City Hall, CONF 129

Time: 10 a.m.-5 p.m.

Day: Wednesdays

Fee: \$35

Foot Care Appointment Cancellation/Transfer Guidelines

- If you cancel more than seven days before your appointment date, you will receive a 90% refund.
- If you cancel seven days or less before your appointment date you will receive a 50% refund.
- If you cancel the day of your appointment there is no refund.
- You may transfer 100% of your fee forward to a different date only one time.

CHAT with C.H.A.T.

Presented by EvergreenHealth
Come meet Starr Niego, MSW, from the Community Healthcare Access Team (C.H.A.T) at EvergreenHealth.

Starr visits the RSC monthly, combining group discussions with time for one-on-one meetings.

Discussion topics will be defined by the interest of the attendees. If you or someone you care about is experiencing difficulties – emotional, mental, physical, legal, or financial, Starr can connect you to helpful programs and services.

Location: City Hall, CONF 132

Time: 10 a.m. – 2 p.m.

Day: 1st Wednesdays

Dates: Oct 2 - Group Conversation, "Relationships: an essential part of healthy aging" followed by individual appointments

Nov 6 & Dec 4 – individual appointments only

Call 425-556-2314 to sign up.

Free

Thursday Tech Help

Bring your mobile device and our knowledgeable volunteers will help with your specific questions. Please sign up at the Front Desk when you arrive on Thursdays. The help sessions usually last about 20 minutes.

*Location: City Hall,
Bytes Cafe*

Day: Thursdays

Time: 1-3 p.m.

Free



Wellness Partners

Dental Maintenance

The RSC offers dental hygiene services through **Dental Hygienics**.

The fee for most dental maintenance is usually lower than area dentists. Appointments are on the 4th Tuesday of every month.

Call the hygienist at 206-948-7355 for fee information and to arrange your appointment between 10a.m. and 4:40 p.m.

Or ask for an information packet at the front desk.

Dental Hygienics uses a mobile dental chair and all services are performed in privacy at City Hall, CONF 127.

Friends Who Care Program

When we hear one of our participants has an illness, injury, or has lost a loved one, we send a card. This service relies on one key factor – YOU. We can only send a card if you tell us that someone is in need. Just come in or call the Front Desk with the pertinent information – the name and the reason for the card. It also helps if you have an address or some contact information.

P.S. Donations of greeting cards that express get well, thinking of you, and sympathy wishes are welcome.

www.redmond.gov/50plus
425-556-2314

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Living Well Workshops

Prior registration is required

Most workshops are presented by busy professionals who take time out of their day to share their expertise with us. Prior registration helps us insure that their time is used responsibly.

A benefit of prior registration is a courtesy reminder call two days prior to the workshop and notification if it is necessary to cancel.

EvergreenHealth

To register for classes sponsored by EvergreenHealth call 425- 899 -3000 and press 1 (one) at the prompt. The Healthline is open Monday-Friday from 7 a.m. - 7 p.m..

OVERLAKE MEDICAL CENTER & CLINICS

To register for classes sponsored by Overlake Medical Center go online to www.overlakehospital.org/classes or call 425.688.5259

To register for classes presented by other sponsors, call the Front Desk at 425-556-2314

www.redmond.gov/50plus
425-556-2314

Introduction to QiGong

Presented by EvergreenHealth
Qigong (pronounced chee gung) combines movement, meditation and breath regulation to achieve harmony and vitality. This session will provide an introduction and demonstration of these techniques.

Time: 10 – 11:15am

Day/Date: Wed, Oct 9

Location: City Hall, CONF 127 A & B
Call 425.899.3000 to register

Free

Breast Cancer

Presented by Overlake Medical Center

This overview on breast cancer by Dr. April Phantana-Angkool, covers up-to-date screening guidelines, plus new and proven treatments.

Time: 10 – 11:30 am

Day/Date: Wed, Oct 16

Location: City Hall, CONF 132

Register at

www.overlakehospital.org/classes
or call 425.688.5259

Free

Stress Management and Conflict Resolution

Presented by EvergreenHealth
Do you know how to manage your stress? How about resolving conflicts with friends, family or coworkers? Join this class to learn healthy ways to work through both stress and conflicts in life.

Time: 10 – 11:15am

Day/Date: Wed, Oct 23

Location: City Hall, CONF 127 B
Call 425.899.3000 to register

Free

Challenges of Senior Care and How to Gain Support

Presented by A1 Senior Care Advisor, Tibi Botocan

Are you overwhelmed by the demands of caregiving? Do you wonder if you can continue physically and emotionally? What options does our community offer for senior care? Does insurance pay for any of these types of assistance? Join us to learn the answers to all these questions and more.

Time: 1– 2:30 p.m.

Day/Date: Tue, Nov 5

Location: City Hall, CONF 132

Free

The Dramedy of Ears

Presented by CapTel, Captioned Telephone

Hearing loss can interfere with day-to-day connections between people resulting in isolation, loneliness, frustration, difficult communication, and resentment. Increase your awareness and learn about resources and social opportunities for everyone impacted by age-related hearing loss.

Time: 1– 2:30 p.m.

Location: City Hall, CONF 132

Day/Date: Tue, Nov 12

Free

Extreme weather? Power outage? Wondering if we are open?

Call 425-556-2314 to hear recorded information about additional hours, program cancellations or changes.

Humor Throughout the Holidays

Presented by EvergreenHealth

Learn how to combine gentle movement, deep breathing and laughter exercises that when done together bring increased oxygen and happy endorphins to your brain and body. Proven benefits include decrease in stress, pain and blood pressure, increase in immune system and stimulates joy and happiness.

Time: 10 – 11:15am

Day/Date: Wed, Nov 13

Location: City Hall, Bytes Cafe

Call 425.899.3000 to register

Free

Pelvic Floor Wellness

Presented by Overlake Medical Center

Join an Overlake Physical Therapist to learn tips and techniques to maintain and improve your pelvic floor health.

This class is for women only.

Time: 10 – 11:30 am

Day/Date: Wed, Nov 20

Location: City Hall, CONF 127 A & B

Register at

www.overlakehospital.org/classes

or call 425.688.5259

Free

Cholesterol & Diabetes Screening

Presented by EvergreenHealth

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Time: 8:30 – 10:30 am

Location: City Hall, CONF 132

Day/Date: Wed, Nov 27

Call 425.899.3000 to register

Free

Below the Belt, a Men's Health Forum

Presented by Boston Scientific

To inform men of treatment options for various diseases and conditions. Led by a representative from Boston Scientific along with a patient advocate who share their journey on finding the right treatment. Refreshments will be provided.

Time: 1 – 2:30 pm

Day/Date: Tue, Dec 10

Location: City Hall, CONF 126

Free

Holiday Cooking: Quick & Delicious

Presented by EvergreenHealth

Class includes recipes and tips to make delicious and nutritious holiday meals. Have fun while learning the typical diet affects health.

Time: 10 – 11:15am

Day/Date: Wed, Dec 11

Location: City Hall, CONF 127 A & B

Call 425.899.3000 to register

Free

Superbugs: Myths vs. Facts

Presented by Overlake Medical Center

An Overlake provider will separate myths from facts around medication-resistant bacteria, and will share ways you can protect yourself from infection.

Time: 10 – 11:30 am

Day/Date: Wed, Dec 18

Location: City Hall, CONF 127 A & B

Register at

www.overlakehospital.org/classes

or call 425.688.5259

Free

Living Well Workshops

Free Community Wellness Workshops

Each month features two themed talks and/or demonstrations with opportunities to sign up for more activities.

Age: All ages welcome

Location: Redmond Community Center at Marymoor Village, room 133

Day: Wednesdays

Time: 6-8-pm

Oct 16 - Wellness at Work

6-7pm Posture at Your Desk

7-8pm The Perfect Lunchtime Walk

Nov 20 - Arts & Wellness

6-7pm Wood Turning Intro

7pm-8pm Wood Turning Demonstration

Dec 18 - Winter Wellness

6-7pm When You're SAD in the Winter: Seasonal Affective Disorder

7-8pm Yoga to Boost Your Mood

Go to redmond.gov/register or call 425.556.2300 for more information.

www.redmond.gov/50plus
425-556-2314

Inquiring Minds

Stop the Bleed Training

Presented by Janeen Olson

A person who is bleeding can die from blood loss within five minutes. Emergency responders will arrive as quickly as possible, but bystanders are almost always willing the help first. In the case of disaster and high casualty incidents, emergency services are often spread thin. Will you be ready?

Time: 1 – 2:30 pm

Day/Date: Tue, Oct 15

Location: City Hall, CONF 127 A & B

Free

What is All the Excitement About Essential Oils?

Presented by PJ Hanks

You see essential oils in all the stores now. Why? How do they work? Will they assist me with anxiety, sleep, discomfort, sadness, stress? All of these questions will be answered by PJ Hanks, a trained aromatherapist and author. Bring your questions, come learn, and get a sample!

Time: 1 – 2:30 pm

Day/Date: Tue, Oct 22

Location: City Hall, CONF 127 B

Free

Mediterranean Diet

Presented by Providence

Elderplace

What is the Mediterranean diet and why is it growing in popularity as a healthy lifestyle choice? What are the benefits to your body and brain? How does eating based on the Mediterranean diet help prevent illness and diseases? Come and learn the food pyramid based on the Mediterranean diet! We will talk a bit about sugar and hydration and tips for healthy eating just to make it interesting!

Time: 1 – 2:30 pm

Day/Date: Tue, Oct 29

Location: City Hall, CONF 127 A & B

Free

Layman's CPR/AED Training

Presented by Redmond Medic One

This free CPR/AED training is provided by members of the Redmond Fire Department. The training will cover recognition of cardiac arrest and incorporate the hands-only CPR method with the delivery of a life-saving electric shock upon the arrival of a Public Access Defibrillator. Following this interactive course a certificate will be issued. Sign up today to reserve a space, limited to eight participants.

Time: 1:30-3pm

Day/Date: Tues, Nov 19

Location: City Hall, CONF 127 B

Free

Writing Personal Stories

Presented by Susan Urban

In this ninety-minute workshop, we'll look at the work of Joan Didion and David Sedaris and other memory adventurers as a way to begin telling our own stories. Using short and evocative prompts, we'll explore writing personal stories in our own voices, the way we'd tell them to a friend. No writing experience necessary, just a lived life.

Time: 1 – 2:30 pm

Day/Date: Tue, Dec 3

Location: City Hall, CONF 127 A & B

Free

What is an Interest Group?

Who can attend?

Led by volunteers, these groups bring together like-minded people to pursue a wide variety of activities.

Most groups meet weekly; however, some are monthly. There is no fee to participate in most interest groups.

Anyone age 50 or better is welcome to join any interest group at any time. Feel free to introduce yourself to the group leader and join in.

A list of our interest groups is on the next page

www.redmond.gov/50plus
425-556-2314

In t e r e s t G r o u p s & S e r v i c e s - N e w L o c a t i o n s

Time	Activity	Location
MONDAY		
9am—12:30pm	SHIBA	City Hall Room 126
10:15—11:15am	Bingo	City Hall Bytes Café
1:30—3:30pm	Just Reminiscing Band	Redmond Community Center Room 124
TUESDAY		
8:45am—1:30pm	Come and Paint	Redmond Arts Studio Grass Lawn Park
9:30am	Trail Walking	Meet in Bytes Café
10—11:30am (2nd Tuesday only)	Card Making	City Hall Bytes Café
10—11:30am	Writing Your Life Story	City Hall Bytes Café
10—11:30am	Courtesy Blood Pressure Check	City Hall Bytes Café
12—4:30pm	Bridge	City Hall Bytes Café
1—2pm	Inquiring Minds workshop	Cancelled due to low enrollment
1—3pm (3rd Tuesdays only)	German Conversation Coffee	City Hall Bytes Café
1-3pm	Yarn and Yarns	Meeting of site
WEDNESDAY		
10am—3:30pm	Foot Care	City Hall CONF-CH129
10—11:15am	Wellness workshop	City Hall CONF-CH155 Council Chambers
1—3pm	Scrabble, Pinochle, Quilting	City Hall Bytes Café
THURSDAY		
10am—1pm	Party Bridge	City Hall Bytes Café
10:30am—12pm	Courtesy Blood Pressure Checks	City Hall Bytes Café
10:30am—12:30pm	Pickleball	Outdoor Court
1—3pm	Technology Help	City Hall Bytes Café
1—3pm	Chorus	Meeting off site
1—3pm	Crafty Ones	City Hall Bytes Café
FRIDAY		
9:30am—2pm	Pinochle	City Hall Meet in Bytes Café
10am	Trail Walking	City Hall Meet in Bytes Café
10am—12pm	Scrabble	City Hall Bytes Café
1—3pm (3rd Friday only)	Book Discussion Group	City Hall Alpha Room 127
1—3pm	Mexican Train Dominos	City Hall Bytes Café
1—3pm	English Language Learners	City Hall Alpha Room 127
SATURDAY		
7:30am—3pm	Drop-In Activities	Redmond Community Center Lobby
10 am—12 pm	Book Club	Redmond Community Center Lobby

Fee Based Classes

Full details for all fee based classes are available on-line at Redmond.gov/register—key word search “Senior” or Call 425-556-2314 for assistance and information.

New & Interesting Fee Based Programs

We are always looking to add new programs offering. Please take a look at these new programs.

Arts & Crafts

Needle Felting

Day: Wednesdays

Time: 1:30-3:30 p.m.

Turkish Silk Marbling

Day/Date: Wed, Oct 16

Time: 6:30pm to 8:30pm ★

Intro to Painting

Day/Date: Wed, Nov 6 – 20

Time: 6:30pm to 8:30pm ★

Oil Painting for Mere Mortals: Mountain Meadow

Day/Date: Sat, Nov 9

Time: 10am to 12:30pm

Soapstone Carving

Day: Thu

Time: 10am to 12 pm

Fitness & Yoga

SAIL - Balance & Strength/Fall Prevention

Morning Session

Days: Mon & Wed

Time: 10:30-11:30 a.m.

Life-Long Learning

Snapology

Snapology Brick Art & Design Lab Series

Day/Date: Tue, Nov 5 – 26

Time: 10 - 11am

Snapology Super Structures Series

Day/Date: Tue, Oct 1 – 22

Time: 10 - 11am

Snapology - Grandparent & Child

Join us at the Redmond Community Center at Marymoor Village for special STEM classes structured for children and adults to learn together. For complete details go to redmond.gov/register

Animal Explorers

Sun, September 8

Kinder Robotics

Sun, October 13

Gamebots

Sun, November 10

Combat Robots

Sun, December 8

Defensive Driving

Co-sponsored by the AAA Driver Improvement Program.

A one-day refresher course on defensive driving skills that gives practical guidance for traffic accident prevention, and enhances driver safety and confidence. In order to receive a certificate of completion, plan to attend the entire class. The certificate is the proof required for a reduction in auto insurance premiums for those 55 years of age and older.

To register for the class, please send checks only - \$20 per person, payable to American Driving Services, P.O. Box 66681, Seattle, WA 98166-0681. Fee is non-refundable, but is transferable to another class. You will receive a confirmation letter with all the details. Call us at 206-243-3564 if you have additional questions.

Age: 50 or better

Instr: American Driving Services

Day/Date: Wednesday, Nov 13

Time: 9 a.m. -5 p.m.

Location: Redmond Community Center, Room 113

Fee: \$20

www.redmond.gov/50plus
425-556-2314

Fee Based Programs - New Locations

Time	Activity	Location
MONDAY		
9:20—10:20am	Senior Strength Plus	Redmond Community Center Room 124
10:30—11:30am	Senior Cardio	Old Firehouse Teen Center Showroom
10:30—11:30am	SAIL	Redmond Community Center Room 124
10am—12:30pm	Driftwood Sculpture	Redmond Arts Studio Grass Lawn Park
11:30am—12:30pm	Intermediate Tap Dance	Anderson Park Adair Cabin
12:30—3pm	Driftwood Sculpture	Redmond Arts Studio Grass Lawn Park
12:45—1:45pm	Beginning Tap Dance	Anderson Park Adair Cabin
2:30—3:30pm	SAIL	Redmond Community Center Room 203
6:30—7:30pm	Ballroom Dance	Old Firehouse Teen Center Showroom
TUESDAY		
9:00—9:45am	Senior Strength	Old Firehouse Teen Center Showroom
10—10:45am	Zumba Gold	Old Firehouse Teen Center Showroom
6:30—8pm	Gentle Yoga	Redmond Community Center Room 206
7—8pm	Zumba Fitness	Old Firehouse Teen Center Showroom
WEDNESDAY		
9:20—10:20am	Senior Strength Plus	Redmond Community Center Room 124
10—11:30am	Aging Mastery Program Series	Redmond Community Center room 204
10:30—11:15am	SAIL	Redmond Community Center Room 124
10:30am—11:30am	Senior Cardio	Old Firehouse Teen Center Showroom
1:30—3:30pm	Needle Felting	City Hall Bytes Café
12:00—2:00pm	Line Dancing	Redmond Community Center - Room 203
2:30—3:30pm	SAIL	Redmond Community Center - Room 203
6:30—7:25pm	Dog Training - Puppy Class	Anderson Park Adair Cabin
7:30—8:30pm	Dog Training 1 —Manners, Tricks & Control	Anderson Park Adair Cabin
THURSDAY		
9—9:45am	Senior Strength	Old Firehouse Teen Center Showroom
10—11am	Tai Chi for Better Balance	Redmond Community Center Room 202
10—11am	Core Strength	Old Firehouse Teen Center Showroom
11am—12pm	Tai Chi for Better Balance	Redmond Community Center Room 202
6:30—7:25pm	Dog Training—Puppy Class	Anderson Park Adair Cabin
7—8pm	Zumba Fitness	Redmond Community Center Room 203
6:30—7:25pm	Dog Training - Puppy Class	Anderson Park Adair Cabin
FRIDAY		
9—9:45am	Zumba Gold	Old Firehouse Teen Center Showroom
10am—11:15am	Gentle Yoga	Redmond Community Center Room 202
11:30am—12:30pm	Chair Yoga	Redmond Community Center Room 202
SATURDAY		
1pm—2:30pm	Thriller Dance Classes	Redmond Middle School Gym

Other Information

This newsletter is for informational purposes only and is subject to change without prior notification. The programs offered at the Redmond Senior Center are designed to be useful and informative. We do not endorse any product or program that is presented. It is the individual's responsibility to make informed decisions regarding these issues.

All announcements, posters or flyers must be cleared by staff.

Visit us on the Internet at www.redmond.gov/seniors for more information, or on Facebook at www.Facebook.com/RedmondWASeniors

Helpful Information

- Full payment must be made at the time of registration, unless otherwise stated.
- We accept cash, check, Visa, MasterCard and Discover
- Pre-registration required for all programs; in-class registrations are not accepted.
- Register early before classes are filled or canceled.
- Residency rates apply to non-resident individuals who work inside Redmond city limits. Family members are included. Adults over age 50 no matter where they live also receive the resident rates for classes & trips.
- Photographs and videotapes may be taken by staff for future publications.
- Fees shown include Washington State Sales Tax where applicable.

Withdrawals & Refunds

All program withdrawals must be requested through contacting rsr@redmond.gov or by calling 425-556-2314.

Withdrawal Request Time Frame	Refund Amount
At least seven (7) from the first day of the program	Full Refund, less a 10% administrative fee.
Less than 7 days from first day of the program	50% Refund
After the first day of the program	No Refund.

Events/Tickets Purchases

No ticket refunds. Events take place, rain or shine.

Refund Process

All Refunds are returned to the same form as payment rendered. Credit card refunds: will be processed within 1-3 business days. Check refunds: please allow 10-15 days to process and mail.

Renting City Facilities

Are you interested in renting a City facility for your special event?

The City rents sites such as the Redmond Community Center at Marymore Village, picnic shelters, Adair or Fullard House, and the Old Firehouse Teen Center.

For more information call Guest Services at 425-556-2300. Or go online to: www.redmond.gov/188/Rentals

www.redmond.gov/50plus
425-556-2314

Full details for all Trips are available in a separate flyer—Trips & Events; as well as on-line at Redmond.gov/register—key word search “Trips” or Call 425-556-2314 for assistance and information.

Discerning Diners

Barking Frog

Day/Date: Mon, Oct 7

Time: 11:15am – 1:30pm

Italianissimo Ristorante

Day/Date: Tue, Oct 22

Time: 11 am – 1:30 pm

Momosan Ramen

Day/Date: Thu, Nov 7

Time: 10:15 am- 1 pm

Anthony's Homeport

Day/Date: Tue, Nov 19

Time: 4:30 pm- 7 pm ★

Ray's Boathouse Café

Day/Date: Wed, Dec 4

Time: 10:30 am- 2 pm

Salish Lodge

Day/Date: Thu, Dec 19

Time: 9:15 am- 12:30 pm

Casinos

Angel of the Winds

Day/Date: Tue, Nov 26

Time: 9:30 am- 4 pm

Day Trips

Scenic Drive to Cedar River Watershed Education Center

Day/Date: Thu, Oct 3

Time: 11 a.m. – 4:30 p.m.

Autumn Visit to Remlinger Farm

Day/Date: Fri, Oct 4

Time: 9 am - 3 pm

Redmond School of Glass -Pumpkin Making

Day/Date: Tue, Oct 8

Time: 2-7pm

Chuckanut Drive

Day/Date: Thu, Oct 17

Time: 9am – 3:30pm

Woodinville Wine Tasting

Day/Date: Fri, Oct 18

Time: 11 am- 3 pm

Fiber Fusion Northwest

Day/Date: Sat, Oct 19

Time: 8:30 am- 4:30 pm

Breakfast & Bonhoeffer Walk

Day/Date: Wed, Oct 23

Time: 9am – 3pm

Tahoma Vista Fiber Mill & Lattin's Country Cider Mill

Day/Date: Thu, Oct 24

Time: 8:30am – 5pm

Seattle Chocolate Tour

Day/Date: Wed, Oct 30

Time: 10 am- 2:30 pm

Spirits of Seattle Ghost Tour

Day/Date: Thu, Oct 31

Time: 10 a.m. – 4:30p.m.

King County Elections Headquarters Tour

Day/Date: Tue, Nov 5

Time: 9am – 2:30pm

Walking Tour of the Amazon Campus

Day/Date: Wed, Nov 6

Time: 9 am- 1 pm

Bellevue Art Museum

Day/Date: Thu, Nov 21

Time: 11am – 4:30pm

The Outlet Collection

Day/Date: Tue, Dec 3

Time: 9 a.m. – 3 p.m.

The Lights of Christmas at Warm Beach

Day/Date: Tue, Dec 10

Time 3 – 8:30pm ★

Seymour Botanical Conservatory & Karpeles Manuscript Library

Day/Date: Thu, Dec 12

Time: 9:30am – 4pm

Holiday Lights Scenic Drive

Day/Date: Tue, Dec 17

Time: 3:45 – 9pm ★

Taproot Theater – The Bishop's Wife

Day/Date: Wed, Dec 18

Time: 11am – 5 pm

Skagit River Eagle Float Trip

Day/Date: Thu, Jan 2, 2020

Time: 7 am- 4:30 pm

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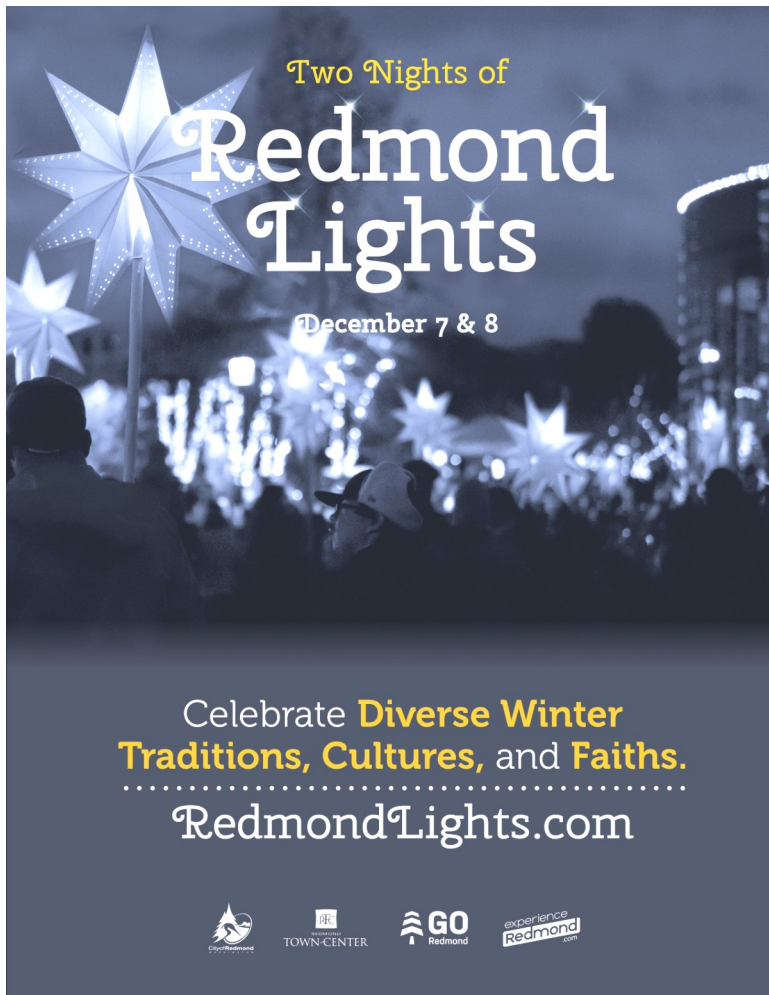
Encore!

Fall 2019

Also available as a pdf at:
www.redmond.gov/50plus

The RSC is a warm, friendly
gathering place for adults age 50
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It is a great place for friendship,
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activities, educational programs,
volunteering and most of all fun.



Two Nights of
**Redmond
Lights**
December 7 & 8

Celebrate **Diverse Winter
Traditions, Cultures, and Faiths.**

.....
RedmondLights.com



Everyone is invited to
A Holiday Social
Wed, Dec 4, 1-3 pm
City Hall Bytes Cafe

Please join us for a gathering of friends to kick off
the holiday season. We'll have lots of fun things to
do such as games, trivia, crafts, and music.

Hot cider and treats for all.

Please sign up by calling 425-556-2314 or
stop at the desk in the City Hall.